

Free Nutrition Consulting for Employees!

Let Registered Dietitian, Ashley Harris help you:

- Manage chronic diseases (diabetes, heart disease, cancer, etc.) through diet
- Weight loss/weight gain
- General healthy eating information and family meal planning

60 minute sessions available:

Tuesdays- COAAA (3776 S. High St.) 8am-12pm

Tuesdays- Dept. 910 Dublin Road 1-4pm

**Wednesdays- Columbus Public Health 9am-12pm
& 2-4pm (an Exercise Specialist is also
available at this location from 2-4pm)**

Thursdays- 1250 Fairwood Ave. 1pm-4pm

Downtown Campus as requested

Contact Ashley to get started!

ajharris@columbus.gov